

COPING STRATEGIES TOOLBOX

Different tools for different moments

AT A GLANCE



Coping strategies are small actions that help us manage stress, strong emotion or difficult situations. No single tool works for every person or every moment.

KEY IDEAS

REGULATE

Breathing, grounding, movement, sensory comfort and rest.

ORGANISE

Break tasks down, use reminders, plan and reduce demands.

CONNECT

Talk, ask for help, spend time with safe people and seek community.

EXPRESS

Write, create, cry, reflect or name what is happening.

WHY IT MATTERS



A varied toolkit increases flexibility. The aim is not to erase feeling, but to make enough space to respond safely and intentionally.

PUTTING THE IDEA INTO PRACTICE

1

CHECK IN

What am I feeling in my mind and body?

2

IDENTIFY NEED

Do I need calm, action, support or expression?

3

CHOOSE SMALL

Select one tool that feels possible now.

4

REVIEW

Did it help a little? What might I try next?

REFLECTION PROMPTS

1

What helps me feel steadier?

2

Which tools become unavailable under stress?

3

Who or what supports me to cope?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.